The Arizona BEEHIVE

January 15 – February 29, 2020 • Vol 46 • No 1 • Est 1975

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Run and Not Be Weary … Walk and Not Faint

Health, Wellness & Love Issue

LATTER-DAY *love* STORIES

Members of the Church Share Their Stories of Marriage Success

By Merry Gordon

Love is in the air! With Valentine's Day just around the corner, the *Arizona Beehive* polled some local Latter-day Saint couples about their own love stories, conventional and unconventional—and about how they stay in love through the years.

❤ Newlyweds ❤

Newlyweds Hillary Abplanalp and Michael Fulton's love story is unusual—the pair met when Michael posted a picture of his first wife on the LDS Widows and Widowers Facebook page. Hillary, a widow, sent him a friend request.

"He asked if anyone else struggled with heightened grief on their deceased spouse's birthday," she says. "I wanted to help him feel better, but I also thought he was really cute!"

Before they knew it, the two went from dating to blending a family in the Fulton Magma Ranch Ward, San Tan Valley Stake.

Photo Courtesy of Hillary Abplanalp

Newlyweds Michael Fulton and Hillary Abplanalp and their family.

"The best thing we have found is that praying and studying Come Follow Me together daily helps draw us closer, stay in a peaceful state of mind and be more prepared to teach our children on Sundays. Both of our first spouses were very close to the spirit and taught us so much about how to make a marriage work. Now we

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CAL-AM RESORTS 2020

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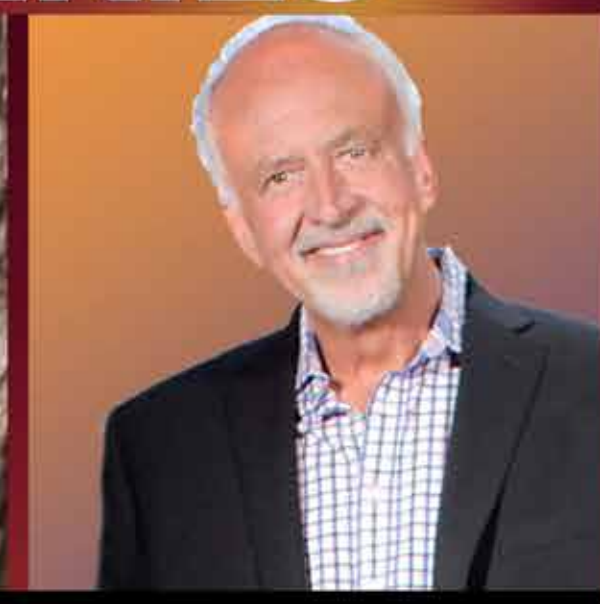

CLAIRE & THE CROSBYS w/ MARK CORDES: THE WIFE WHISPERER

JAN 15 SUPERSTITION VIEWS
JAN 16 TOWERPOINT

GUEST ($30/35/40)
4:00 P.M. & 7:30 P.M.

THE BEACH BOYS

MARCH 4 VALLE DEL ORO
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4:00 P.M. & 7:30 P.M.

THREE DOG NIGHT

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FEB 29 VALLE DEL ORO

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7:30 P.M.

THE CLAIRVOYANTS

MAR 13 VALLE DEL ORO

GUEST ($50/55/60)
4:00 P.M. & 7:30 P.M.

VICKI BARBOLAK
ON THE TRAILER NASTY TOUR

FEB 11 SUNFLOWER
FEB 12 MESA REGAL
FEB 13 SUPERSTITION VIEWS

GUEST ($45/50/55)
4:00 P.M. & 7:30 P.M.

ART & MUSIC EXPERIENCE

JAN 27 FAR HORIZONS
JAN 28 SUNDANCE
JAN 29 MESA REGAL
JAN 30 SUNFLOWER
JAN 31 VALLE DEL ORO

GUEST ($25/30/35)
4:00 P.M. & 7:30 P.M.

STYX TRIBUTE SHOW

FEB 17 GOODLIFE
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TICKETS: Cal-Am.com/Concerts

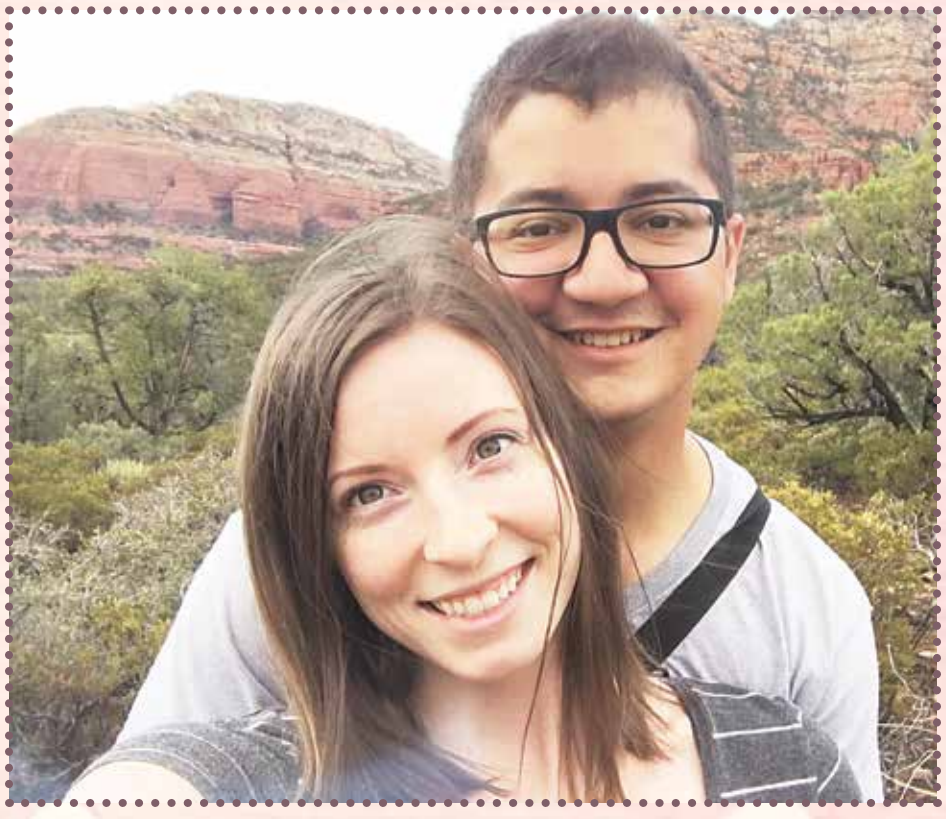

Photo Courtesy of Aaron O'Brien

Aaron and Brandi O'Brien, married 4 years.

get lots of time to practice with each other so we can be ready to meet them again," says Hillary.

What does it take to make a marriage work? "Sacrifice, patience and love," says Michael. "That's everything."

❤ 4 years ❤

Aaron and Brandi O'Brien, of the Creekside Ward, Queen Creek Ocotillo Stake, are coming up on five years of marriage this summer.

Aaron recounts how they met at a church dance: "I was the cool 16-year-old in the back talking with my friends and pretending not to notice Brandi as she walked up to me and asked me to dance—even though I had a boot on my foot because I fractured my heel earlier that summer."

> "Be there for one another."

He may have played it cool but eventually he was smitten enough to pursue Brandi. "The morning of her 16th birthday I was a heathen and skipped seminary, drove to her seminary building into rival high school territory, and asked her to be my girlfriend," says Aaron.

The O'Briens are "just enjoying the daily grind," says Aaron. "Take nothing for granted and be there for one another. That is the secret to a great life and marriage. Carry on with righteousness in your heart for yourself and your wife."

❤ 16 years ❤

Michael and Grace O'Brien, of the Evergreen Ward, Tempe Arizona Stake, have been married for 16 years. "Ours was a work-related romance," Michael says. "I worked for a company that was acquired by the company for which Grace worked."

"Ours is a second marriage for us both, with 6 kids between us" says Michael. All of their kids are grown, so their relationship is now focused on service and finding ways to be "outwardly grateful" for one another. "We also still date!" adds Michael. "Once a week, scheduled time."

> "The most important person in your life is your spouse."

The O'Briens are a perfect example of opposites attracting. "I am the emotional one, my wife is the pragmatic one. I am the neat freak,

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What's The Buzz?

Less WiFi And More Nephi!

Terence M. Vinson of the Seventy, second speaker of the 189th Semi-Annual General Conference, described perfectly our struggle with "prioritizing things of no eternal consequence above the things of God..." when he shared the following:

"In a recent sacrament meeting I attended, a returned missionary quoted a father who summed up this idea perfectly when he said to his children, 'What we need here is less WiFi and more Nephi!'"

As the publisher of a paper magazine, I could not agree more!

Much was discussed during General Conference about the way we consume information, entertainment, and "the things of God" with current technology. Both good and evil have claimed our technology, and each of us needs to be vigilant in protecting ourselves from less desirable influences found at our finger tips.

The Arizona Beehive is of course working in and embraces the digital world. We are active on Facebook and Instagram, and publish our content on our website and the Issuu app. However, we remain primarily a hard copy, ink-soaked printed paper media-focused operation. In our opinion, nothing replaces the experience of holding a printed piece of reading material - be it a book, magazine or newspaper - while consuming its contents.

An open copy of *The Arizona Beehive* will never interrupt you with a pop-up notification from your email, a telemarketer phone call, or a reminder that your doctor's appointment is tomorrow at 3:15pm. A connection to WiFi is not required to read our magazine! And while reading you never have to worry about intrusive, offensive content showing up uninvited. All content is the type of which Nephi would surely approve.

As the holidays approach, we welcome the cool desert air, the festive human spirit, and a steaming cup of hot chocolate enjoyed with the latest unplugged issue of *The Arizona Beehive* Thank you for reading...

Michael O'Brien
Publisher

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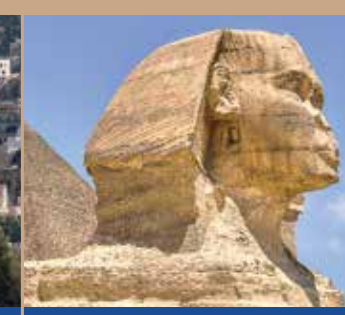

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my wife, not so much. I am linear, my wife is creative. I am conservative, my wife liberal . . . but rather than these things pushing us apart, we've both moved closer together," Michael says.

The best advice Michael can give to dating or engaged couples is to remember that "once married, the most important person in your life is your spouse."

❤ 25 years ❤

Mark & Yvette Weech, of the Bridlegate Ward, Gilbert Highland East Stake, have made it to their silver anniversary.

The pair had a bit of an on-and-off relationship before Mark realized she was the one. He remembers the moment they reconnected at a roadshow performance: "When she arrived, I remember turning around to see her walking up the aisle and that is when Heavenly Father gave me assurance that I should marry her. It was as if she was glowing that night." They were married soon after.

"Be goofy."

Mark says perspective is key in maintaining a marriage, just knowing his wife is "on the same page" as him and working toward the same goals. "I think we both enjoy being goofy . . . that makes the difficult times and circumstances more palatable. We have no problem laughing at ourselves," he says.

❤ 34 years ❤

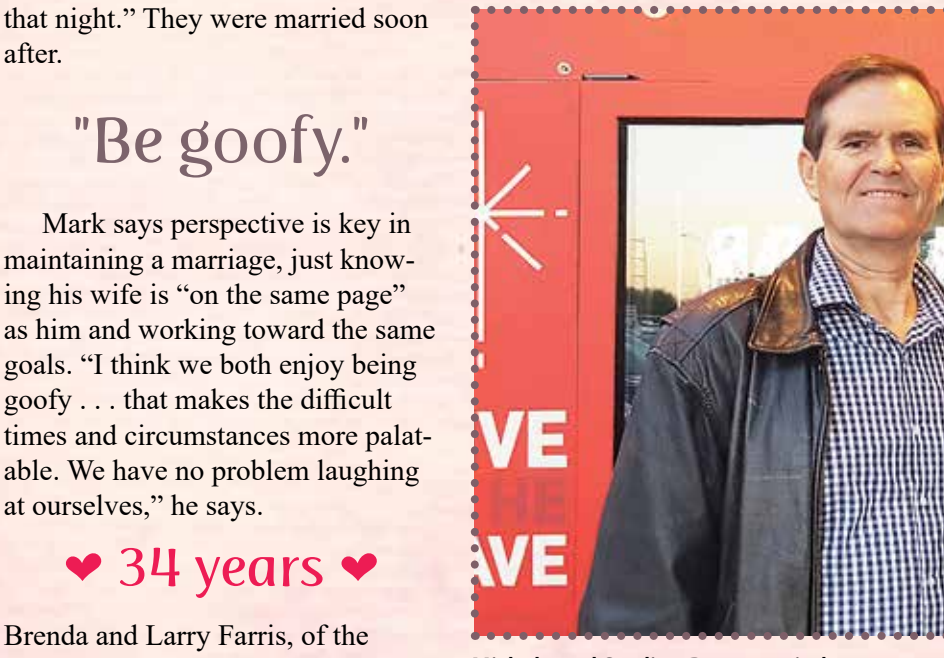
Brenda and Larry Farris, of the Keating Ward, Mesa Arizona Alma Stake, have made it to 34 years . . . thanks to Brenda's grandma.

Barely 18 and in her first day at Ricks College, Brenda, her friend and her grandmother were stopped in line at McDonald's by Larry, who asked Brenda's grandmother about the young ladies with her. Larry teased, "Oh, I probably shouldn't flirt with them, then!" Much to Brenda's surprise came her grandmother's reply: "Oh, no, by all means, please do!"

Brenda's initial thought—"What does this old man want with me?"—faded away when Larry turned out to be polite, a great conversationalist . . . and not quite 21. "I'm a poor judge of age," laughs Brenda.

"Marry someone who suffers well!"

The Farrises have built a happy marriage by spending time together and putting each other first.



Michele and Sterling Baer, married 39 years.

Photo courtesy of Michele Baer

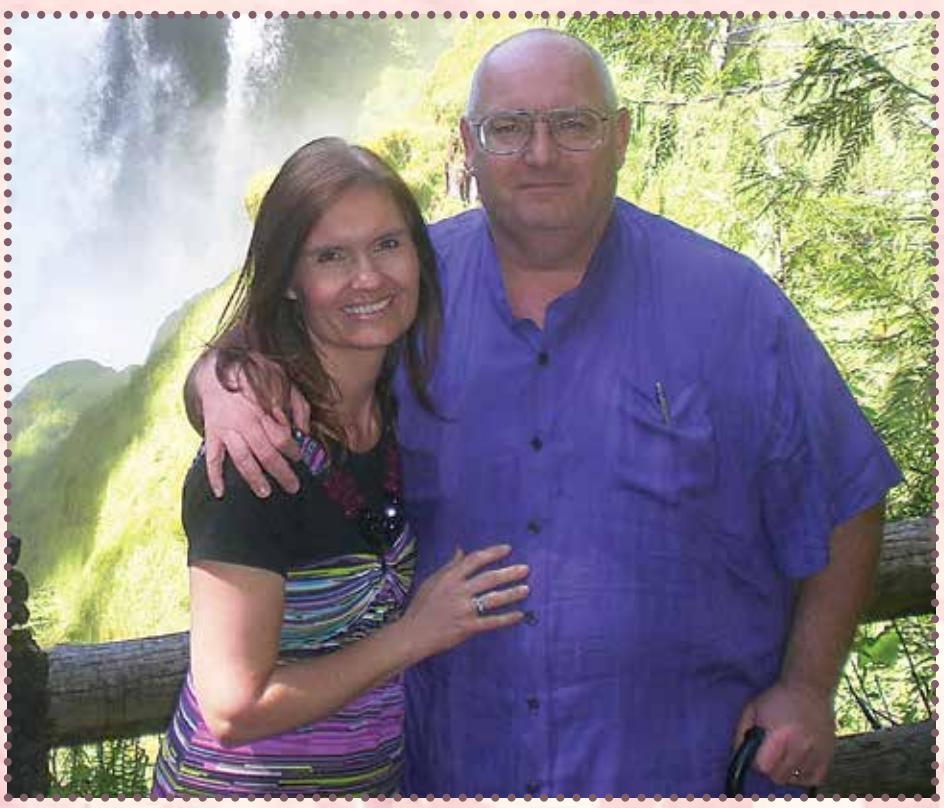


Photo courtesy of Brenda Farris

Brenda and Larry Farris, married 34 years, got a little help from Brenda's grandmother.

Nancy and Fred Richardson, married 56 years.

Photo courtesy of Nancy Richardson

"Marry someone who suffers well!" Brenda advises. "That sounds bad at first glance, but remember, life has lots of hard times, lots of ups and downs. If you are with someone who is not a 'fair weather friend/spouse', but rather 'weathers the storms of life in stride,' you are blessed indeed!"

❤ 39 years ❤

Michele and Sterling Baer, of the Stonebridge Ward, Salt River Stake, will be celebrating their 40th anniversary this year . . . but if Sterling hadn't been persistent, that might not be the case!

"Include the Lord in your relationship."

"Michele took longer to make up her mind," said Sterling. He read Alma 32 to her to suggest that Michele 'plant the seed' to see if it would bear good fruit. Happily, it did—and though Michele jokes that she "hates to admit that he was actually right," the pair have had a strong and wonderful marriage.

Now empty nesters, the Baers enjoy cycling, singing in the East Valley Millennial Choir, performing in musicals and serving in the temple, among other things. To couples that marvel at their longevity, they are more than happy to share their "secret": "Including the Lord in your relationship is the best thing you can do. Couple prayer, regular temple attendance and scripture study are foundational to maintaining a strong relationship."

❤ 56 years ❤

Nancy and Fred Richardson, of the Dreaming Summit Ward, Goodyear Stake, have been married over 56 years. The pair started dating as teenagers and were wed when they were both 19. The years that followed brought trial, with Fred often away in his naval career, but also joy, with children and conversion to the Church of Jesus Christ of Latter-day Saints.

"Remember what matters."

"It was darn hard," Nancy remembers, "but we made it through." She credits God with her successful marriage, based on "honesty, trust, sharing, making memories," along with an equal partnership nurtured by listening, talking, respect and laughter.

"We all know couples who gallop into marriage and after 6 months say, 'Where is the person I thought I was marrying?'" says Nancy. She encourages new couples to give thought to their habits before the wedding and remember what matters: "Don't pay more attention or give more effort to the wedding than you do to the marriage!"

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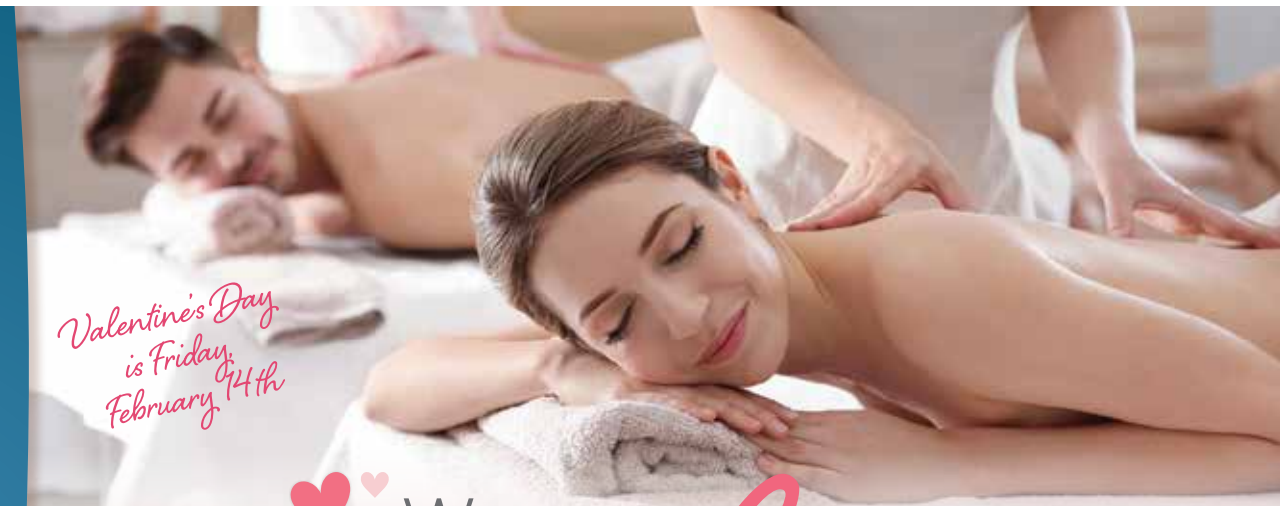

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Let's Talk Relationships

Healthy Humans Project: Building Relationships, Empowering Individuals

By Merry Gordon

Photo by Megan Matheson

From left to right, Rian Gordon, Aubrey-Dawn Palmer and Sydney Tittle, founders of the Healthy Humans Project.

Got an "it's complicated" relationship with self-care and connection in your life?

The Healthy Humans Project, a Utah-based family life education platform, wants to change that.

In a digital world where interaction gets complicated by distance and distraction, relationships can be difficult. Those personal connections need reinforcement; in fact, they're vital to our overall wellness. The Healthy Humans Project focuses on developing five core relationships: relationship with self, with partner or spouse, with children, with community and with God. The HHP website offers regular articles on relationship building and self-improvement, covering topics like setting boundaries, self-love and responding to stress.

The project grew out of a BYU capstone project started by classmates Aubrey-Dawn Palmer, Rian Gordon and Sydney Tittle. After graduation, HHP took on a life of its own as "we worked on developing a brand that represented what we wanted to share, and we came up with standards that we thought would help us produce solid content," says Rian Gordon. Since then, HHP has brought on qualified writers to add more content and built the platform to include a social media base.

The three founders are all qualified to talk relationships—all hold bachelor's degrees in family studies with relevant field work in counseling, family relationships and related fields. But each woman also brings a little of herself to the table.

"Everything we are comes down to relationships," says Aubrey-Dawn Tittle. "Childhood trauma, marriage, my work with teenage boys, my college education, therapy, relationship with higher power and volunteer work have all impacted how I see the world and what I teach through Healthy Humans Project."

And each of the founders sees a different, valuable takeaway from the project. For Sydney Tittle, it's all about empowerment. "Seeing the impact of online relationship education has been really sweet for me," she says. "We often misunderstand the power we have to learn and grow and improve our relationships."

The HHP staff are often approached by people with questions—from mothers teaching children about sexuality to teens seeking help with relationship building. It's clear that people need help navigating personal connections. "The way the world sees relationships is so skewed. We live in a world of serial monogamy and flattening moral horizons. We have decided that we can do it alone—we don't need anyone. And that's also so false. It takes a village," says Aubrey-Dawn Palmer.

The HHP wants to broaden their audience to include more men, too. "Men need to feel empowered to make a difference in their relationships," says Rian Gordon, "and learning these skills and tools can help with that."

Expansion is on the horizon as well. "We've played around with lots of different ideas, such as at-home workbooks, online courses, even a podcast," she adds.

"Ideally, I would love to be teaching more," says Aubrey-Dawn Palmer. "Teaching people brings me so much joy. We're not just putting information out there into the abyss. People actually need and want what we have to offer. We're helping people. And that feels amazing."

You can check out the Healthy Humans Project's blog at https://www.healthyhumansproject.com/.

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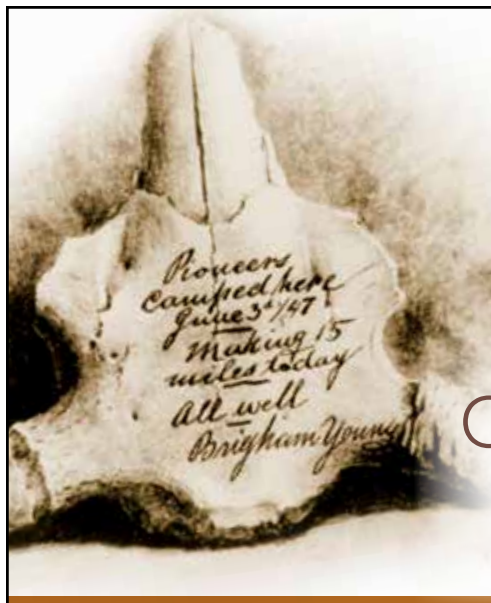

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Church of Jesus Christ of Latter-day Saints Calendar

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Sunday, January 12:
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FEBRUARY

Sunday, February 23:
Face to Face for Youth

Thursday, February 27:
Temple and Family History Leadership Instruction

Saturday, February 29
RootsTech Family Discovery Day

APRIL

Saturday, April 4:
General Sessions of General Conference; Session for all members of the Young Women and Relief Society and all holders of the Aaronic Priesthood and the Melchizedek Priesthood.

Sunday, April 5:
General Sessions of General Conference

Saturday, April 11:
The Tabernacle Choir and Orchestra at Temple Square Present Handel's Messiah

Thursday, April 30:
BYU Women's Conference (streamed messages from Relief Society General Presidency and a member of the Quorum of the Twelve Apostles)

MAY

Friday, May 1:
BYU Women's Conference

Sunday, May 3:
Worldwide Devotional for Young Adults

JULY

Saturday, July 18:
Music and the Spoken Word 90th Anniversary Celebration

SEPTEMBER

Sunday, September 13:
Worldwide Devotional-Face to Face for Young Adults

OCTOBER

Saturday, October 3:
General Women's Session of General Conference. General Sessions of General Conference

Sunday, October 4:
General Sessions of General Conference

NOVEMBER

Wednesday, November 20:
Face to Face for Youth

DECEMBER

Sunday, December 6:
First Presidency Christmas Devotional

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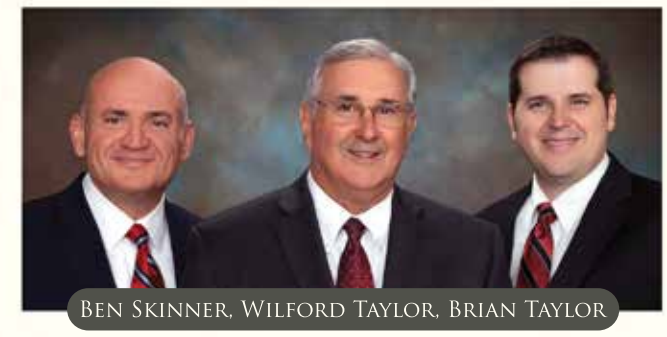

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Love & Adventure

Travel Planner Shares Her Love for Travel

By Cecily Markland Condie

Love and travel go together—at least when all the stress and hassle are minimized, thanks to expert advice, direction and deals arranged by Rosemary O'Dell of Cruise Planners. Whether it's a couple looking forward to a honeymoon cruise, an older pair wanting to rejuvenate their marriage, or a group of family or friends seeking a great way to spend time together, travel offers romance, relaxation and more, O'Dell says.

O'Dell, a member of the Chandler South Stake, says her own love for travel was the impetus for getting into the travel business five years ago. "My husband and I love to travel," she says, and becoming a travel agent looked like "a good way to share my love of travel with others."

Her company goes to lengths to ensure their clients not only have travel packages that are tailored to their needs and interests, but, that they also have a good experience while traveling, O'Dell says.

While some bus companies or tour packages are simple and similar to what others offer, "we go way beyond that," O'Dell says. "With the expertise my company and I have, we are able to create unique adventures and go to little-known or exclusive places." For example, she explains, when they took a group last February to tour Rome and attend the Rome Italy Temple open house, because she is Italian and has been to Italy a number of times, she was able to include a side trip to Sicily in the itinerary.

To help clients, especially those who have not traveled a lot, O'Dell spends a great deal of time doing what she calls "pre-qualifying."

"We ask all kinds of questions," about budget, physical limitations, interests and the type of atmosphere they are most comfortable with, and places they would like to consider. "We then can come up with some choices of itineraries that match their interests, and then we can package everything together."

The company offers cruise packages to various parts of the world as well as land excursions. For romantic tours, Italy, Paris and Greece are favorite foreign destinations and Hawaii is a top U.S. choice, while places nearby, like Sedona, offer excellent opportunities as well. For couples who love adventure, Costa Rica is a client favorite. In the planning stages is a train tour, which will go from Italy up through Europe to see many of the European temples. "I call it the 'Grateful Dead' tour," O'Dell says.

By using her services, people can have "several little perks," such as the suite she arranged for one honeymoon couple who recently went to Jamaica. "You are not going to be able to do that when you plan your travel yourself or book online," she says.

While people sometimes have a misconception that it is expensive to use a travel agent, O'Dell says this simply isn't the case. "Using a travel agent doesn't cost any more money, and usually even less," she explains.

To find out how Rosemary can help you learn to love travel like she does, email Rosemary.Odell@CruisePlanners.com or call 480-283-3850.

Photo courtesy Rosemary O'Dell

Rosemary O'Dell (left) and Leila Dada, of Cruise Planners, pass on their love for travel, translating their expertise and superior service into a personalized, hassle-free travel experience for their clients.

Photo courtesy Rosemary O'Dell

On a group tour to the Rome Temple Open House, shown above, travelers enjoyed the unique personal approach and attention to details that sets Cruise Planners apart.

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Photo courtesy Rosemary O'Dell

Cruise Planners tailors travel itineraries to their clients' interests and lifestyles to help them plan romantic getaways, ocean cruises and relaxing tours, such as the group trip to the Rome Temple Open House earlier this year.

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Getting Involved:

Two Special LDS Groups Attend the UN Civil Society Conference

By Karelyn Goins

On August 26 – 28, 2019, the United Nations held its 68th annual Civil Society Conference in Salt Lake City, Utah. What made this conference so special was that it was the first time that a UN conference was held in the United States outside of its headquarters in New York City. In attendance were two special groups founded by members of The Church of Jesus Christ of Latter-day Saints, Mormon Women for Ethical Government and Their Story is Our Story. Natalie Walker Whitlock, a member of both groups who attended the Conference under both groups commented that "there was a lot of positive energy and it was quite exciting."

The conference theme this year was "Building Inclusive and Sustainable Cities and Communities." "The Family: A Proclamation to the World" states, "Parents have a sacred duty to rear their children in love and righteousness...to teach them to love and serve one another, observe the commandments of God, and be law-abiding citizens wherever they live... We call upon responsible citizens and officers of government everywhere to promote those measures designed to maintain and strengthen the family as the fundamental unit of society," making it easy to see the need for groups led and organized by women of faith at such an event.

The Mormon Women for Ethical Government's (MWEG) mission statement is: "To inspire women of faith to be ambassadors of peace who transcend partisanship and courageously advocate for ethical government." MWEG is founded on the teachings of Jesus Christ and doctrines of the Church* "by faithful members [of the Church] who felt the call to raise their voices in the cause of ethical government."

Their Story is Our Story, is a non-profit organization whose aim is "to bridge the gap between refugees and established citizens, so that there is no 'them'; just us." TSOS works to accomplish this vision by sharing "first-hand refugee stories to reveal the individuals behind the 'refugee' label and cultivate meaningful relationships with those seeking refuge locally so that, together, we can help build strong and inclusive communities worldwide."

This work has resulted in a published collection of the personal and individual stories from men, women and children titled *Let Me Tell You My Story,* detailing how they became refugees, "through no fault of their own."

TSOS sponsored a session at the UN Conference that Whitlock stated was "well attended." Whitlock went on to explain that this session lead by Melissa Dalton-Bradford, TSOS's executive director, was specific to their mission as well as apolitical, because "it's not a political issue, it's a human kindness issue." She further explained that TSOS focuses on storytelling because stories move people, stories humanize people, and stories connect people as brothers and sisters in Christ.

*While the founding members are faithful members of the Church, The Church of Jesus Christ of Latter-day Saints is not affiliated with nor does it endorse either of these two groups.

Photo by Natalie Walker Whitlock

Natalie Walker Whitlock representing Their Story is Our Story.

Photo by Natalie Walker Whitlock

Melissa Dalton-Bradford, Leonard Bagalwa, Tito M Awal and Natalie Walker Whitlock.

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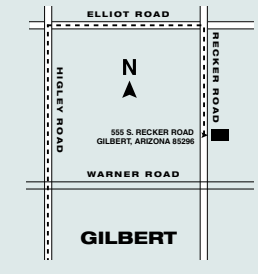

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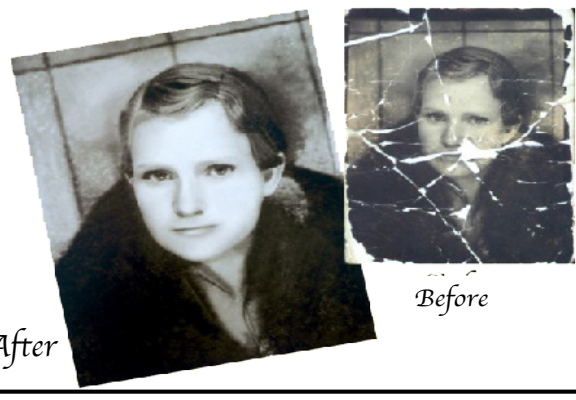

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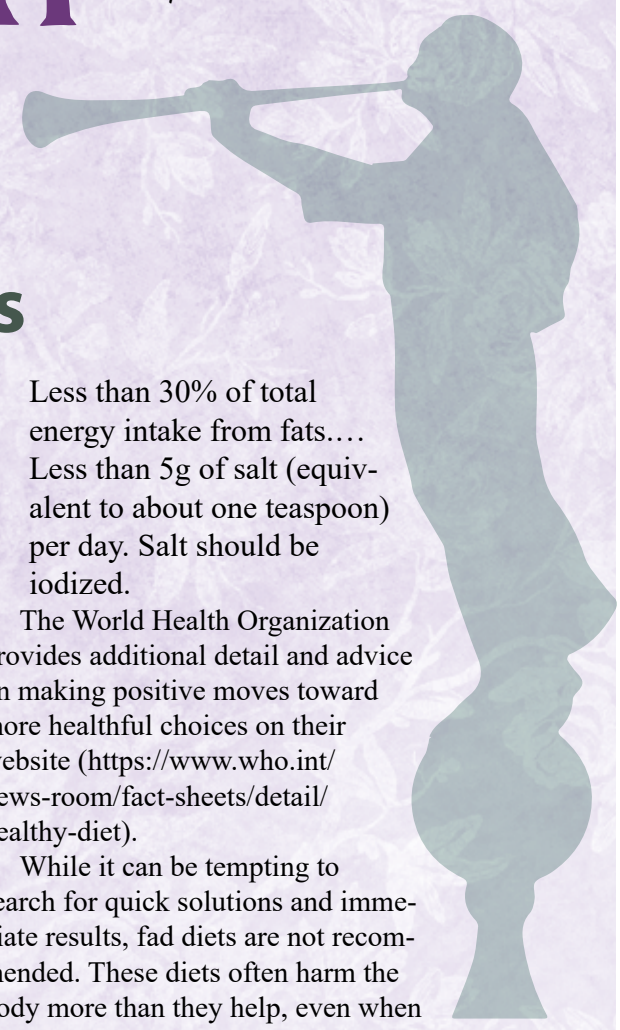
PREP YOUR MISSIONARY

By Allison Beckert

Mission papers sent off? Great! Now what? There are plenty of things you can do to prepare spiritually, physically, emotionally, and financially while waiting for that all-important call packet. Check in with us for tips, tricks, and useful resources for preparing missionaries and their families.



A Firm Foundation of Healthful Habits

Serving a mission builds a foundation for life, not just spiritually but physically. When preparing for a mission, taking steps to have a healthy body and mind doesn't just set you up for success in the field but in adult life. With these guidelines from health authorities, take small steps today and set long-term goals for physical activity, a healthful diet and mental management.

According to the World Health Organization, "Adults aged 18–64 should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity activity…. Muscle-strengthening activities should be done involving major muscle groups on 2 or more days a week….These recommendations are relevant to all healthy adults aged 18–64 years unless specific medical conditions indicate to the contrary."

When seeking your physicals and checks with doctors as part of mission preparation, plan to follow your health professional's recommendations about physical activity. Sudden changes may result in injury, so making gradual changes to build up to these standards is ideal. Small changes leading to long-term habits will do more for health than sudden or aggressive physical activity increases.

Diet plays a major role in physical health but also in mental health. A varied and healthful diet can lead to lower anxiety, more stable moods and better focus.

The World Health Organization says that a nutritious diet includes:

- Fruit, vegetables, legumes (e.g. lentils and beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat and brown rice).
- At least 400g (i.e. five portions) of fruit and vegetables per day, excluding potatoes, sweet potatoes, cassava and other starchy roots.
- Less than 10% of total energy intake from free sugars, which is equivalent to 50g (or about 12 level teaspoons) for a person of healthy body weight consuming about 2000 calories per day, but ideally is less than 5% of total energy intake for additional health benefits. …
- Less than 30% of total energy intake from fats.…
- Less than 5g of salt (equivalent to about one teaspoon) per day. Salt should be iodized.

The World Health Organization provides additional detail and advice on making positive moves toward more healthful choices on their website (https://www.who.int/news-room/fact-sheets/detail/healthy-diet).

While it can be tempting to search for quick solutions and immediate results, fad diets are not recommended. These diets often harm the body more than they help, even when weight loss is a priority. A combined effort of regular, daily physical activity and a varied diet heavy in vegetables and low in fats and sugars is as essential to a firm foundation of health as prayer and study are to a spiritual foundation of faith.

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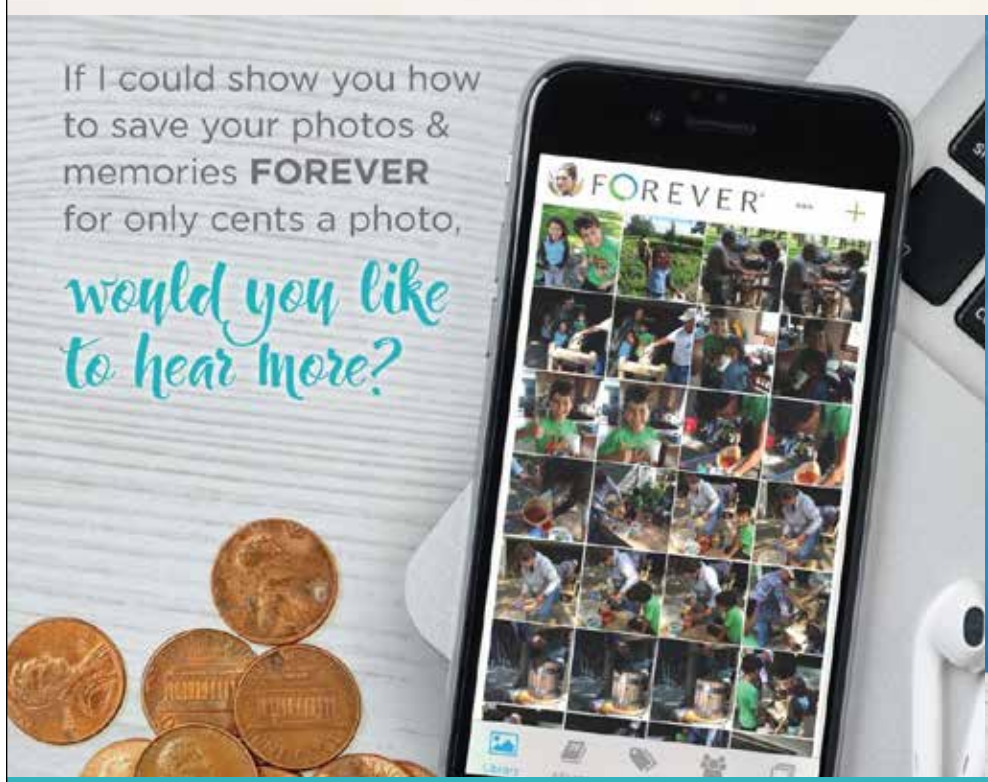

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Personal Touch Culture

Living in Style at Legacy Retirement

By Katherine Ogden

Dinnertime at Legacy Retirement Residence. Photo courtesy of Robert Ogden

Are you about ready to retire and thinking of downsizing? Has that huge yard you loved 10 years ago gotten to be too much for you in your later years? Or would you just like to feel like you're on vacation every day of the year? Then the Legacy Retirement Residence of northeast Mesa may be the solution you are looking for.

Legacy Retirement is a premier senior living community that has been caring for seniors and their families since 1996. The Mesa location opened in 2009, boasting 170 apartments that provide both assisted living and memory care services. They have apartments that range from studios all the way up to two-bedroom, two bath apartments to choose from. Weekly housekeeping and laundry, as well as other services, can also be provided.

For recreation and services, Legacy has a library, billiards tables, and even its own salon and fitness room. Located close to shopping, restaurants and year-round golfing, free transportation within a 10-mile radius is available on Mondays through Thursdays. You can eat in the restaurant-style dining room, get involved with daily scheduled activities such as games, movies, musical entertainment and join other group activities. If you stop by any Friday between 3 to 4 pm, you can join in dancing at Legacy's "Happy Hour."

Legacy believes that the more their residents can be independent, the happier and healthier they are and the better they will feel. No matter what stage of life you are in, maximizing independence, maintaining dignity and having choices are very important, to you and to them.

Photo courtesy of Robert Ogden

Resident helping to trim the Christmas tree.

"I would describe it as a very sweet and meticulously clean community to live in," says Jeannine Braunberger, marketing director for Legacy Retirement.

Legacy has a philosophy called Personal Touch service, which they believe is their point of distinction from other residences. It means going beyond just the job description. It's about reaching out to make a personal connection with those that they serve. It's about taking the time to ask the right questions so they can truly understand the needs of their residents. It's about making that heart-to-heart connection.

"The people at Legacy Retirement are friendly and care about each other. The management is good, and they really care about us. The building is well kept. They have a good variety of programs, and I feel safe and secure there," says resident Maizie B.

Legacy Retirement Residence is located at 5625 E. McKellips Road in Mesa. You can get more information or make an appointment for a tour by calling 480-985-0300 or by visiting their website at www. legacymesa. com.

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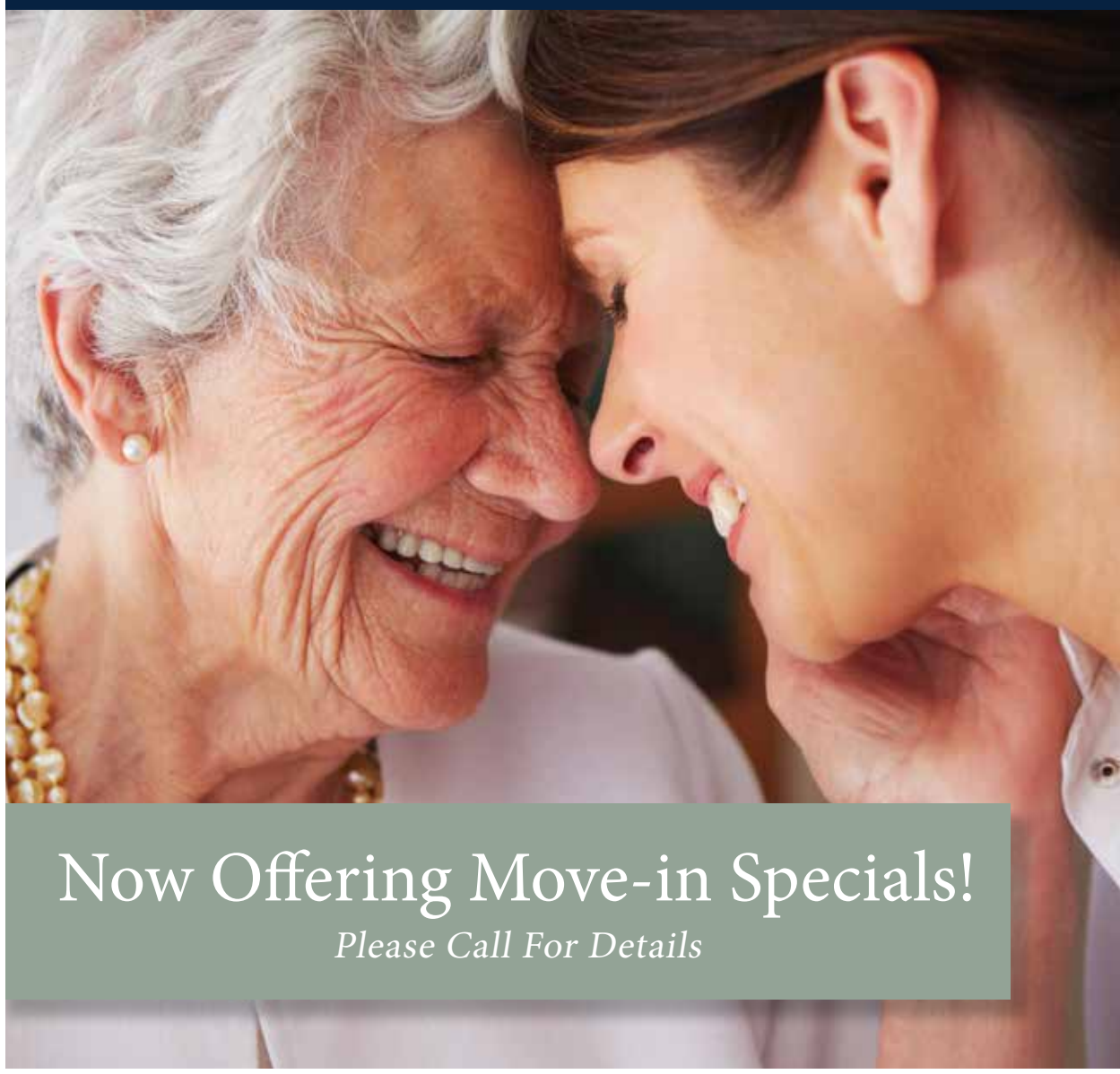

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F♥H♥E Corner

By Robin Finlinson

Get Moving and Lifting!

Photo by Robin Finlinson

Members of the Shkapich family rollerblading in their Chandler neighborhood. Left to right: Tyler Phillips (husband of Demi, pushing baby Crew in stroller), Demi, Daphne (one of the children with cystic fibrosis), Dan and Donna.

When our bodies are healthy, we appreciate the beautiful Earth more. A longer life lets us know more of our posterity and other relatives. Plus, being a disciple of Christ takes more than spiritual strength; it takes physical energy!

Fitness typically requires intentional decisions, specific, measurable goals and an exciting reason to achieve them. Family Home Evening is a good time to have each family member imagine what they'd like to be able to do (climb stairs without panting, run a mile in under 7 minutes…) and set a reasonable goal. Discuss how to support each other and possible rewards for achieving goals by a certain date.

Plan a reward you'll enjoy thanks to your body tune-up. Examples:

- Get a new and improved family photo.
- Build gym equipment in your backyard like those in an American Ninja Warrior course.
- Explore on foot a wildlife preserve or touristy Arizona town.
- Visit an amusement park in a neighboring state.
- Planning a big vacation? How much more fulfilling would a trip to Hawaii be if you'd spent months developing the physical aptitude to bike down Haleakala, the world's largest dormant volcano, on Maui at sunrise? During a Mexican excursion, how about zip lining over the jungle and rappelling down a waterfall?

Here's inspiration from two Chandler West Stake families.

With six children and another due in March, the family of Ryan and Marian Chase is always busy. But fitness is a priority, largely because of Grandpa. Sister Chase's 66-year-old father, Nelson Boren, backpacks 4 or 5 times in the mountains of Utah and Wyoming each summer with his children and 28 grandchildren. He exercises nearly each day all year so it's possible. Hikes range from one-mile overnighters with little ones to week-long 40-mile treks. Every grandchild wants to backpack with Grandpa, their favorite person.

In preparation, the Chases hike close to home. They also support each other's individual interests. Brother Chase and 12-year-old Isaac do circuit training together, including lunges, sit-ups, pull-ups, push-ups and planks in various parts of their house. In the garage, rock climbing hand holds make pull-ups harder than if performed with a bar. Sister Chase and 15-year-old Emily swim laps regularly, often together. Three of the children participate in a running club. One wrestles. Thirteen-year-old Nora does Scottish Highland dancing. "It's honestly a better workout than anyone else's by far," says Sister Chase.

Stake President Dan Shkapich and his wife Donna have five grown children and two newborn grandchildren. Their youngest three children have cystic fibrosis. "It's important for them to exercise so they can fight off colds and everything that comes around more quickly," says Sister Shkapich. When they were diagnosed, their life expectancy was 18 years. Thanks to medical advances, it's now 35. Sister Shkapich encourages everyone with medical challenges to not give up! The family loves to rollerblade and play basketball together. Lots of weightlifting goes on.

Get your family moving and lifting! Weight-bearing exercises increase muscle power, including the cardiac (heart) muscle, extending life expectancy.

Simple Online Dating for the Faithful

Investing in Your Companion Search with LDSPlanet

By Allison Beckert

Looking for love is challenging, but the rewards when finding the right person are worth the search. While an app like LDSPlanet can jumpstart your search, remember this is still dating. Dating using any method comes with the same challenges.

Dating and getting to know new people is a huge opportunity for growth. While dating, it's important to learn what works and what doesn't in your own process and in what you want from others.

Before pursuing online dating, do your homework. Search for safety measures to take. Dating requires getting to know a wide variety of people, and if you're actively expanding your social circles, it is wise to follow basic safety measures. These measures are a bit different for online dating, so if this is a new tool for you, look for ways to stay safe in this new territory.

Use an app for online dating. Photo by Church Media

As many people say, there are plenty of fish in the sea, so make sure you know a catch when you see them. Even when looking for love with a service like LDSPlanet, where religion is a common interest, not everyone lives their lives in compatible ways. Keep in mind whether the person's lifestyle is a match for your own, which will be easier to know after a few dates.

LDSPlanet's app brings the benefit of mobility, easy profile creation, in-app communication, as well as the advantages that come with a paid service. Browsing is free, but to see matches, messages, and communicate through the app a subscription is required.

Unlike many free services, which are often location-based, LDSPlanet's network casts a wider net. If location is important to you, that can be part of your search, but with a broader search range, matches are less likely to repeat, and you can widen your criteria on your own terms.

With paid services, the participant pool is invested in the process. Communication and matches are often faster and less "just browsing." Where possible, find those who are serious and set up dates quickly to avoid drawn out online communication. Expectations are easier to manage when interactions are as in-person as possible.

With a paid membership, you are invested. Work smart and use the advantages of the service. Widen your pool, meet many people, refine your search, and let the process teach you a few things about who you are and what you have to offer. Confidence and faith are essential to a positive experience in the process.

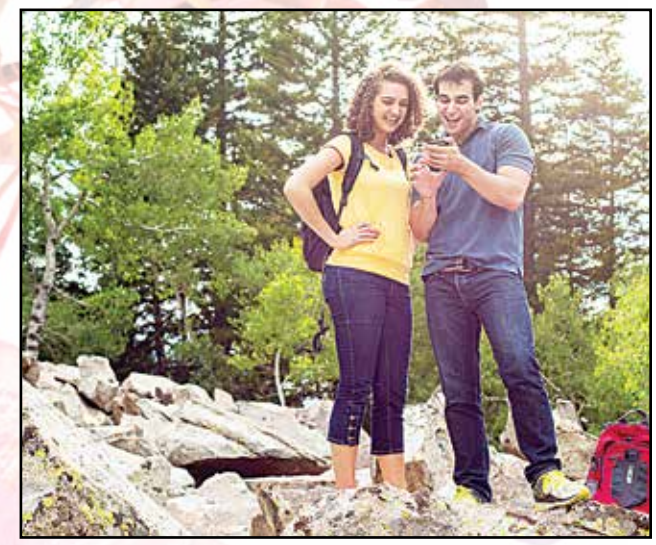

Photo by Church Media

Outdoor dates are fun and help establish common interests.

LDS Planet boasts many success stories, some local: "I found my future wife," reads one testimonial from Chandler, Arizona. "We were both looking online at the same time, emailed each other at the same time, telling the other person that they sounded amazing and that we would love to chat sometime... we both instantly saw the email, then jumped!"

Online dating is a popular way to make a matching up and finding your special someone easier. They're a tool and are best used to expand your social circles. The more contacts you make, the better chances a compatible person will come your way.

Glorious Changes

The True Love of Christ & Personal Wellness

By Heather Kidder

It is possible to make glorious changes to improve routines, habits, and the lives of all you meet with the aid of Christ's Atonement.

2020 is a big turning point, the start of a new decade! One of this life's greatest blessings is the endless opportunities to change, start new, and choose today to be the person we truly desire to be. This person can be one who truly understands and values the power of Christ's love and trusts in its ability to improve every aspect of their lives.

The word "well" suggests thoroughness, satisfaction and completion. In our minds, bodies and relationships, total wellness can seem impossible to reach. While working on wellness in any aspect of our lives, patience and longsuffering with ourselves and others become a necessity. Without these attributes, any goal can fall apart once hardship or resistance shows its face.

Try a new, well-balanced meal. Photo via Pixabay

How-To Physical Wellness: The human body is a machine that needs to be well fed, rested, and listened to. Through prayer, you can be guided to specific actions which lead you toward physical wellness. Reflect on how you show your love and appreciation for your body. Work towards allowing Christ's Atonement to heal any negative feelings you may harbor towards yourself. Physical wellness involves a wide variety of mental states, eating habits and lifestyle routines. Take time to ponder and reflect on your current physical state and where you wish to be. You may consider establishing a daily night routine, actively planning times to get out of the house each week or cooking a substantial and nutrient-rich meal at least once a week.

How-To Mental Wellness: The Church gives excellent counsel on mental wellness on its website, https://www.churchofjesuschrist.org/mentalhealth, which provides community and Church-related resources. Among its best advice:

- Be still. Set aside a time and place to quiet your mind. Express gratitude, practice mindfulness, or use another relaxation technique. Allow your thoughts to turn to God as you give your mind and body time to relax.
- Build relationships. Social connections with family, friends, and others in your community can increase your happiness and physical health and may reduce the incidence of mental health challenges. Remember, it's the quality of the relationships you have that's important, not the number.
- Find joy each day. Seek pleasure in the small and simple things by noticing the texture of a flower, the flavor of a favorite food, the song of a bird, or the energy of a pet.
- Take care of your body. Eat nutritious food, get enough sleep each night, and exercise regularly as you are able.

Photo via Adobe Stock

Spend more time appreciating nature.

Challenge yourself to use the power of the Atonement in 2020 to strengthen your wellness inside and out!

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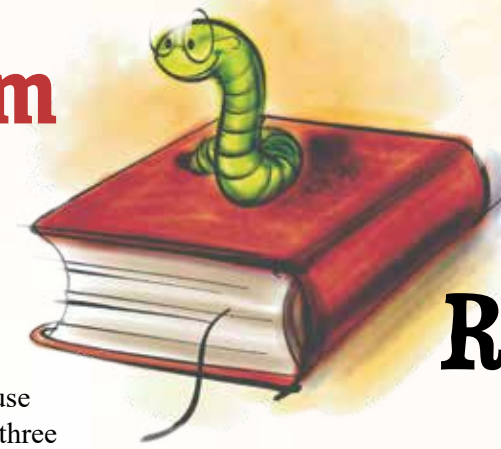
To Defend Them By Stratagem

Fortify Yourself With Book of Mormon War Tactics.



Beehive BOOK REVIEW

By Cindy R. Williams

Arizona author Michaela Stephens' new book is about fortifying our families in our day to resist Satan's attacks. The full title lends itself to that message: *To Defend Them by Stratagem: Fortify Yourself With Book of Mormon War Tactics.*

The book contains spiritual lessons from the stories of war in the Book of Mormon, written in a way that readers will find it easy to grasp due to its insightful analysis.

Stephens says she always loved the war chapters in the book of Mormon. "In January of 2011 I had this major epiphany about how many Nephite war strategies are effective for defending our families spiritually, and that Heavenly Father wanted to give us a crash course on strategy for that very purpose. I started jotting a list of all the war strategies from the Book of Mormon and went from there."

Stephens spent around seven years completing the book.

"I love Alma 43 because it shows the power of remembering the cause for which we fight and what an important skill it is to rally and inspire others in righteous ways," says Stephens.

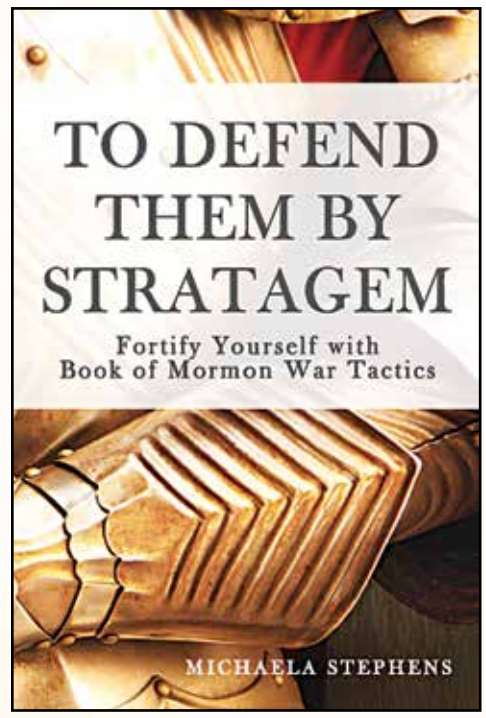


Photo courtesy of Michaela Stephens

Defend Them by Stratagem **by Michaela Stephens.**

She adds, "The Nephite cause is repeated three times, and Captain Moroni uses it to rally his troops at a critical time in battle. I had to rally myself occasionally as I worked on this book, so these principles helped me."

Many themes presented themselves to Stephens as she wrote the book:

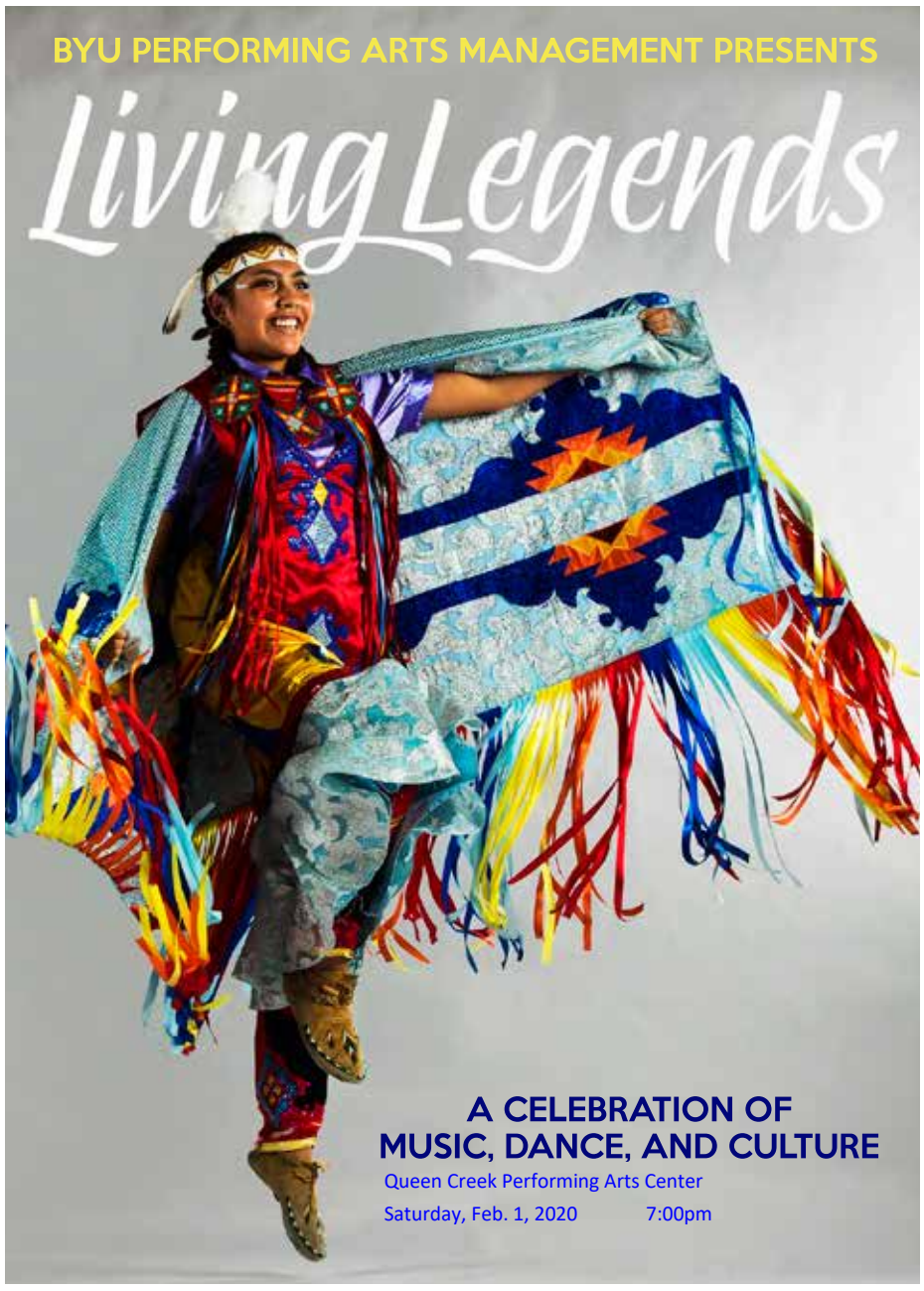
1. The safety of following prophets—which saved the Nephites from traps they didn't know about.
2. The power of covenants—which set important priorities and multiplied endurance.
3. The efficacy of prayer that brought divine power when it was most needed.
4. The danger of distraction—which always led to Lamanite losses.
5. The danger of anger—which always pushed the Lamanites into needless wars.

"I hope the principles of this book make their way into family teaching so that the next generation can be more strongly fortified against temptation," says Stephens.

To Defend Them by Stratagem: Fortify Yourself With Book of Mormon War Tactics is available in paperback and ebook on Amazon, ebook through iBooks, and Barnes and Noble.

Photo courtesy of Michaela Stephens

Author Michaela Stephens.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Pioneer Love

Temple Bound by Covered Wagon Along the Honeymoon Trail

By Emily Jex Boyle

In 1883, Will C. Barnes purchased a cattle ranch south of the Little Colorado River near Winslow. Every year in mid-November, he watched as several covered wagons traveled and camped daily near his ranch along the old Mormon wagon road. The travelers were bound for St. George, Utah.

Barnes wrote an article in the December 1934 issue of *Arizona Highways* magazine about betrothed members of the Church of Jesus Christ of Latter-day Saints traveling the so-called "Honeymoon Trail," a trail system linking Northern Arizona to Southern Utah across rocky terrain, dry washes, deep sandy soils and muddy stream crossings. This journey demanded on average a month of hard wagon-jolting travel. At the end of the trail, travelers were rewarded with a view of the picturesque spires of the bright white temple of St. George amid the surrounding red rock, and with a promise of eternal marriage.

Photo by Emily Boyle

Wilford Woodruff, who visited this area several times, described the Honeymoon Trail's famous Lee's Backbone (pictured here) near the Colorado River as "The worst hill, ridge, or mountain that I ever attempted to cross with a team and waggon[sic] on earth."

One day, a young cowhand approached Barnes hesitantly. "I'll be quitting my job around the first of November."

Perplexed and knowing the young man to be honest, reliable, and a real "top waddy" when it came to chasing cows, Barnes asked why.

The cowhand answered, "Me and Mary are going to start for St. George to go through the temple."

Barnes had seen the young couple "billing and cooing" at church dances. "Any plans for the future?" the cattleman asked.

The cowhand replied, "I hope to have my job back in the spring." Most couples who traveled to Utah's Dixie would stay through the winter.

The cattleman promised the cowhand that he'd have a job, admiring the 'pluck and enterprise' of young couples making a determined, modest start in life.

They didn't have much but, they knew what they wanted, to be married and sealed in the St. George Temple, the first temple built west of the Mis-

Continued on pg. 25

TRY A LITTLE TENDERNESS!

Acts of Kindness Strengthen Relationships

By Heather Sandstrom

Several years ago, the left side of my face went paralyzed and I was diagnosed with a brain tumor. I went through emergency brain surgery at Barrows Neurological Institute in Phoenix. Doctors removed the tumor and the paralysis went away but I had excruciating pain for 2 years. I was so grateful to be alive and recovering but the pain was unbelievable! We had 5 active children, a new grandbaby born the same day as my surgery, my husband was a busy Dentist and Young Single Adult Bishop. He was so busy but would bring me soup and bread every day for lunch. That really comforted me! It was a small act of service but lifted my spirits! Now when a friend or family member has surgery, a baby or anything sad, I love to bring them bread and soup. It comforts the body and soul!

Every day in marriage and relationships, small acts of kindness make a huge difference. It can soften hearts, heals hurt feelings and makes marriages stronger and rewarding. Saying, "I love you" and "I appreciate all you do" is meaningful! Helping make dinner, doing the dishes or making the bed, shows love and gratitude. Never underestimate the power your love has on your children. Giving each other a kiss or hug, gives them security and feelings of love in your home. When they see you kiss in the morning or hug after a busy day, the feel loved and so do you!

Have a date night once a week to spend time together and rekindle your love! Send your spouse a sweet text, write them a note or make a special treat they love! Calling them during the day to check in, says I love you and I care what's going in in your life. Post on Social Media expressing your appreciation.

Pray together morning and night. When you pray for each other, hard feelings seem to disappear. Go to the temple together regularly! It helps put life into proper perspective. As you attend the temple, you receive increased revelation to bless your lives as you bless those who have died.

When talking to your spouse, really listen. Rather than trying to solve their problems, listen to their concerns and try to be empathetic. Laugh together! Always let humor be a part of your life, even through hard times. Years ago, I had thyroid cancer, surgery and radiation. We had 4 young children and it was hard, but at every Doctor appointment or surgery, my husband would make funny jokes! It made me happier and relaxed!

Put pictures up in your home of your marriage or a fun vacation. It brings back great memories. Read scriptures, share ideas and always have FHE, whether you're newly weds, have children at home or empty nesters. You'll instill a love never imagined.

Heather Sandstrom – Eternal Marriage Institute Instructor (Married 39 years)

Work together, whether it's cleaning out the the garage, making dinner, doing dishes or comforting children. Life's better when you work as a team and you feel love and support. Compliment each other sincerely and appreciate the little things your spouse does.

You don't have to spend a lot of money to do great activities, but you can do little things with great love! Enjoy sports and music together, go to concerts, sing or play the piano. Tender feelings are associated with music or "your song". I love Michael Buble's song, "Try a little tenderness'. It works!

Johnny Kapeliela fits in time to his full schedule by running while waiting to pick up his children from their activities.

Photo by Johnny Kapeliela

By Emily Jex Boyle

Keeping A Promise

One Mesa Father Finds Strength In Healthy Living

They made the decision together: to get healthy. It was 2012, and Johnny Kapeliela (Mesa Vista, Lehi Stake) and his father saw heart disease as an expected family inheritance. On a friend's suggestion, Kapeliela, a young father, began training for triathlons. Unfortunately, Kapeliela's father's health was deteriorating.

The day of his first triathlon, Kapeliela went to see his father afterwards. He didn't know it yet, but it was the last time he would see his father alive. His father told him about the race, "I'm so proud of you." He then said, "I love you."

Photo by Johnny Kapeliela

The Kapeliela family (from left to right) Johnny, Kaila, Laneah, Ethan, Adrean and Meilani.

Reflecting on their commitment to live healthier lives, Kapeliela determined, "I'm going to go further with this." He set his sights on Ironman competitions, the longest triathlons.

The Ironman 70.3 in Hawaii intrigued him. Fortuitously, the competition is held on a Saturday rather than Sunday. He and his wife, Adrean, could take their family to visit extended family in Hawai'i. Lastly, part of the course is the same as the Ironman National Championship. He competed in June 2018.

In Hawai'i, he pushed it too hard on the bike, and was really struggling with his run. A racer in his mid-70s handed Kapeliela some salt tablets. They helped with the leg cramping, and the experience taught him nutrition is the fourth discipline of a triathlete.

Since Hawai'i, Kapeliela has competed in 3 more Ironman competitions in Oceanside, California, Wilmington, North Carolina, and St. George, Utah. He shaved significant time off with each race. He sees purpose in targeted comparing: "I don't compare myself with others—only my old self." He also believes you should take what you have and use it to the fullest. "You are the engine—not the gear. Make that go first," he says.

Being physically active is not "one size fits all" in Kapeliela's opinion. "Everybody's body is different," he explains.

"Healthy living is like playing with Legos," Kapeliela says. "Every little bit helps." To him, it's a misconception that you have to find a big block of time. When asked how he fits in exercise during his week, he explains that he'll watch for opportunities to take some time to run, bike or swim. For example, while waiting to pick up his children from an activity, he'll go for a run: "You'd be surprised how much you can fit into your day when you try. You can run a 5k in a half hour."

Kapeliela points out, "One of the hardest things to do is to commit to do things most people don't, like getting up early." Most days start at 4 am or earlier. It's not easy to get up, especially at the beginning. On those days, he tries to look at life one day at a time. Such an outlook also helps him get up when he has previously committed to exercise with a friend who will be there too. "I'm motivated to show up," he says, "because I told them I'd be there."

For Kapeliela, a healthy lifestyle is a reminder of a commitment he made with his father back in 2012, and he plans to keep his promise.

Pioneer Love
Continued from pg. 24

sissippi River.

The cool November day arrived, they were ready. The young man and his bride-to-be climbed into their brand-new Studebaker horse-drawn wagon bought on credit from the local cooperative store, furnished with everything needed for the trip.

The wagon and its occupants drove "hopefully and happily away," joining a handful of other wagons similarly outfitted, with one common destination. According to Barnes, they looked to be just about "the happiest youngsters in the wide world."

By the 1930's, the "Honeymoon trail" was mostly a well-paved highway. Barnes describes youngsters of the day, "roll[ing] along in their bright new autos, know[ing] nothing of the trials and tribulations of their forebears (sic)."

"But I'm here to tell you," he asserts, "I'm betting that none of these honeymooners who slip along in an easy riding auto, stopping at night in hotels instead of camping in the open, arriving in days rather than in many weeks, get "half the real happiness out of the journey as did those youngsters" who went by covered wagon.

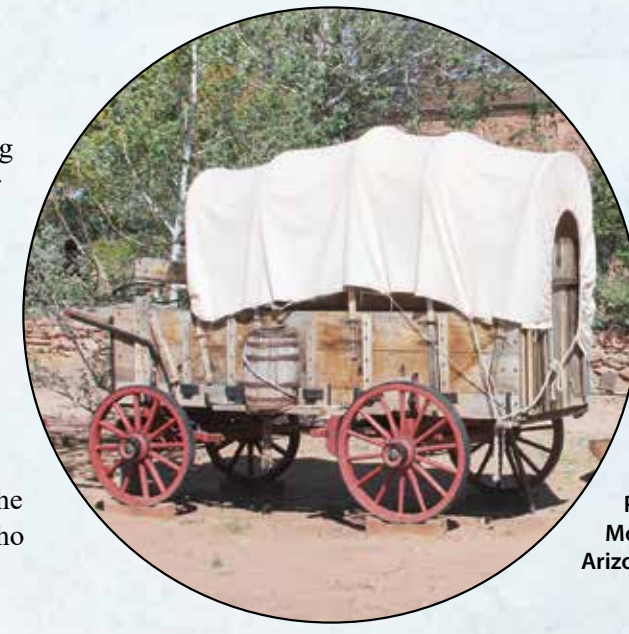


Photo by Bob Theobald

Couples traveled in Studebaker wagons such as the one pictured here at Pipe Springs National Monument in Fredonia, Arizona.

COOKING with the BEEHIVE

By Rachael Fuller

Raspberry Poppy Seed Dressing

It's January. The holidays are over, our clothes may be tighter, our wallets are lighter and it's time again for those pesky New Year's Resolutions!

Some of the most common resolutions relate to our health. One way to help us stay (or get) healthy is to eat more fruits and vegetables. According to a 2017 study conducted by the US Centers for Disease Control and Prevention, approximately 90% of adults in the United States are not eating the recommended amounts of fruits and vegetables.

This recipe, based on a dressing from one of my favorite places (a certain café with a Z in it), can help liven things up and get you eating more of those vital fruit and veggies. I recommend always using quality ingredients, especially the raspberry balsamic vinegar. You can also experiment with other types of white balsamic vinegars to change the flavor profile. Top your salad with candied nuts and fresh berries and enjoy.

Photo by theyummylife.com

Raspberry Poppy Seed Dressing.

Ingredients

- 1 cup canola oil
- 1/3 cup white balsamic raspberry vinegar
- ½ teaspoon salt
- ½ cup sugar or honey
- 1 teaspoon mustard powder
- ¼ red onion
- ½ tablespoon poppyseeds

Directions

1. Place all ingredients into a food processor or blender and blend until smooth.
2. Chill dressing until ready to serve.

The dressing will keep in the refrigerator for a couple of weeks.

Bonus Recipe: Candied Nuts

Here is a recipe to make your own candied nuts to save some money at the grocery store. Use these to snack on and add as toppings to salads.

Ingredients

- 1 cup nuts (I recommend almonds or pecans)
- ¼ cup granulated sugar
- ¾ teaspoon cinnamon
- ¼ teaspoon salt

Directions:

1. Toss nuts and other ingredients together to coat.
2. Place in pan on medium heat.
3. Once sugar begins to melt, stir until the sugar is completely melted and adhered to the nuts.
4. Remove from pan and allow to cool.

WHAT'S IN YOUR GENES?

Health Information From DNA Tests.

By Alyson Johnson

When you think of DNA testing companies, you probably think of relative matching and ethnicity estimates to help in genealogical research; however, several DNA testing companies also offer health and wellness reports.

These companies look for DNA differences, sometimes called "variants," that have been shown to be linked to certain health conditions and aspects of wellness. They issue reports that can include:

- Health Predispositions – how your genetics can influence your risk for certain diseases such as Type 2 Diabetes, BRCA1/BRCA2, age-related macular degeneration, Celiac disease, late-onset Alzheimer's disease, Parkinson's disease and more.
- Carrier Status – shows if you're a carrier for certain inherited conditions such as cystic fibrosis, sickle cell anemia, Tay-Sachs disease and others. If both you and your partner are carriers for the same condition, there is a 25% chance your child will inherit a variant associated with increased risk from both parents and develop the condition. Half of the time your child will inherit just one copy of the variant and will also be a carrier.
- Wellness – how your genes play a role in your well-being and lifestyles choices, including things like lactose intolerance, deep sleep and sleep movement, genetic weight, muscle composition, etc.
- Traits – the genetics behind your appearance and senses, such as freckles, cheek dimples, eye color, fear of heights, bitter taste, motion sickness, ability to match musical pitch and more.

23andMe, founded in 2006, was the first of the large commercial testing companies to offer health and wellness information. They also offer the option of participating in research surveys and studies to help with more scientific discovery.

In 2019 MyHeritage, Ancestry, and LivingDNA (the latter focuses on how food, vitamins and exercise work with your body) jumped into the market to offer similar health information.

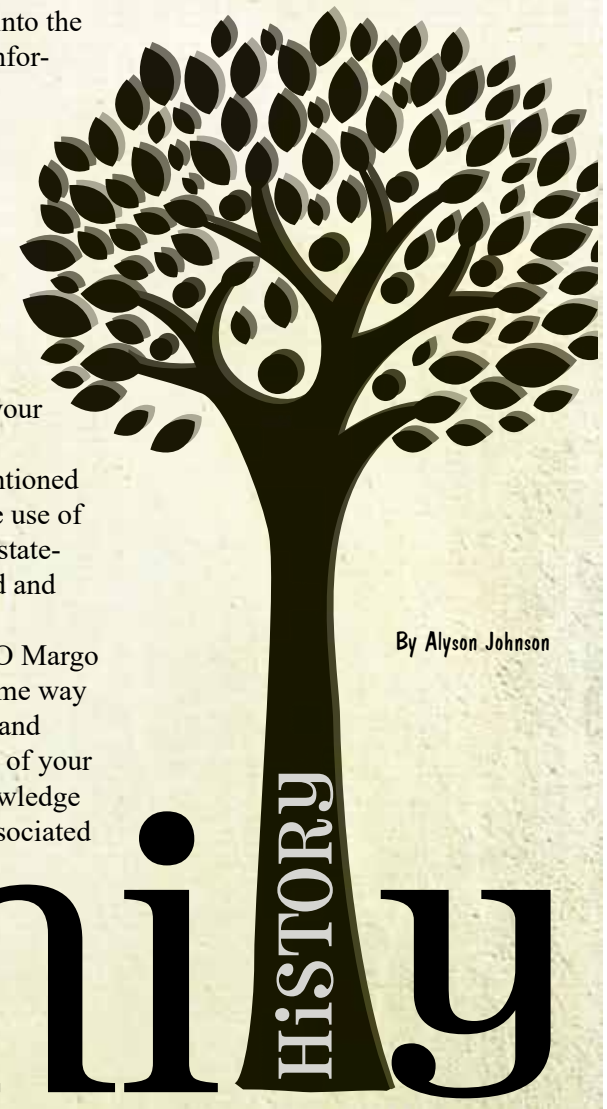
Each company offers different levels and options of tests, and many allow you to purchase an upgrade to an existing DNA test to get the additional information.

Do some research on what each company tests for and decide which aligns best with your reason for testing.

Also, all the companies mentioned here have disclaimers about the use of their reports, and their privacy statements vary, so take time to read and understand them.

On their blog, Ancestry CEO Margo Geordiadis explains, "In the same way that knowledge of your family and ethnicity helps you make sense of your past to inspire your future, knowledge about your genetics and any associated risks can help you make sense of—and start to manage—the future for you and your family."

While these health reports can be interesting and insightful, don't let them alarm you, and discuss any point of concern with your doctor.



Family

THE EAST VALLEY LightsTheWorld! WITH GIVING MACHINES!

Sister Betty Banja of Catholic Charities talks with Arizona Tempe Mission President Goaslind.

Camille Whiting and her son Kemp Whiting. Find fun ideas for date night and family time by following Camille on Instagram @friday-wereinlove.

Sister Warner shows members of the Jones family, including young Maxwell, how a giving machine works.

Imagine swiping your credit card at a vending machine—but instead of buying a candy bar for yourself, you're buying a sheep for a family in a third-world country. Or a polio vaccine. Or a pair of shoes. Or 100 meals for your local food bank. With the #LightTheWorld Giving Machines, that's exactly what happened during the 2019 Christmas season. The Giving Machines provided a way for people to quickly and easily help those in need and make the Christmas season a little more meaningful for themselves—and countless others.

10 such machines were stationed throughout the world, with one bank of machines located under the Gilbert, AZ water tower. Valley of the Sun residents donated magnificently, contributing significantly to the $5 million donation goal set for the entire 2019 program, and benefitting 6 local charitable organizations. The following images were taken during the Giving Machine launch ceremony, November 20, 2019.

Light THE World

Mayor John Giles of Mesa; Mayor Gail Barney of Queen Creek; Laura Machuca, Consul General of Ecuador; Jorge Mendoza, Consul General of Mexico; Minyon Smith of the Church's Metro Phoenix Public Affairs Council (MPPAC); Mayor Jenn Daniels of Gilbert; Elder C. Dale Willis, Area Seventy; Tony Banegas, Honorary Consul Emeritus of Honduras; and Ken Smith, Honorary Consul of Chile and of MPPAC.

Brother Steve Lowder and Sister Fran Lowder, Team Leaders for the Giving Machines in Gilbert, hold the red ribbon for Gilbert Mayor Jenn Daniels. As the ribbon is cut, the Giving Machines are officially opened to receive donations.

President Goaslind (Arizona Tempe Mission President), Elder Badstubner, Elder Hilmo, Sister Wilcox and Sister Beck. The beautifully-decorated pails hold menus depicting items that can be donated.

Missionaries serving at the Giving Machines: Elder Smith, Elder Tu'ua, Sister Young, Sister Rigby and Sister Warner.

Jamie Bigelow is a wife, mother, traveler, realtor and cabinet designer. Follow her on Instagram @ jamie.bigelow.

Service Missionaries Elder Martin and Elder Johnson clean and prepare the Giving Machines for more use.

Beehive Business Directory

Assisted Living

Arizona Sunset Assisted Living
At the base of the San Tan Mountains
35605 N. Moyes Road, QC
480-855-5866
azsunsetal.com

Savanna House
Assisted Living & Memory Care
1415 N. San Benito Dr., Gilbert
480-900-6815
SavannaHouseSeniorLiving.com

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BenchmarkInteriorsAZ.com

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Floral

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HeavenlyKrystals.com

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Hospice of the Valley
A Legacy of Caring
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2525 E. Southern Ave, Tempe
602-530-6900
HOV.org

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CountryFinancial.com/Donald.crandell
CountryFinancial.com/danny.fuentes

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Time2TuneAgain@gmail.com

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1100KFNX.com

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Sales, Leasing, Management
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Gary@ah-az.com

Restaurants

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480-964-7242

Pete's Fish & Chips Corp. Office
203 N. Macdonald Drive, Mesa
480-962-7992
PetesFishAndChips.com

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Legacy Traditional School
Your Child's Education Is Your Choice
480-681-1686
gilbert.legacytraditional.org

Mesa Public Schools
Unprecedented Excellence In Education
63 E. Main St., Mesa
MPSAZ.org

Senior Living

Avista Senior Living
Historic Downtown Mesa
248 N. MacDonald Drive, Mesa
480-827-2222
AvistaSeniorLiving.com

Legacy Retirement Mesa
NE Mesa's Premier Retirement Community
5625 E. McKellips Road, Mesa
480-985-0300
LegacyMesa.com

Quail Park at Morrison Ranch
Brilliant Senior Living
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480-447-2800
QPMorrisonRanch.com

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Mark Shelley CPA
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ShelleyCPA.com

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Fitness In The District:

Creating a Sense of Community and Brotherhood Through Fitness and Fun!

By Hillary Jade Fevrier

Welcome to 2020. Many of us are in the mood for self-improvement—setting goals and resolutions for how to make this year our best year, yet. One of the most common resolutions that we love to set is that of achieving better health. Whether that means losing weight, toning muscle or finally running that 5K, if physical fitness is on your list of resolutions for 2020, you are in good company. All over the Valley, people will be signing up for new gym memberships, joining weight loss groups and scrolling through Pinterest for healthy recipe ideas. If you are looking for a fun, free way to get involved with the fitness game and give back to the community, Fitness in the District is the perfect event.

After a long struggle with depression and anxiety, Nina Montalvo Carr, mother of five, immersed herself in the world of fitness and she realized that in training her body, she was also healing her mind. It didn't take long for her creative juices to start flowing, and the dream of creating a "fitness concert" started to grow. She imagined a huge event with lights, music and, most of all, lots of happy people getting healthier—mentally and physically—together.

In 2013, she created "Fitness in the District," a free, outdoor event for all fitness levels. Fitness in the District offers a variety of exercises from ballet-inspired barre workouts, to hip-hop cardio, to Carr's self-created "Fire Up," a high-intensity interval workout. Fitness in the District attracts crowds of up to 500 people every week, and Carr says she was fortunate to partner with the Westgate Entertainment District in Glendale to provide the space for such a grand event.

For people who love Fitness in the District and want to give back, or for anyone looking for an inspiring place to volunteer, many opportunities are available. The registration table needs smiling faces to get guests checked in. Fitness in the District also helps local businesses by raffling donated products or services. This way, the businesses can promote themselves and get involved in the community.

When asked what she wants people to know about the event, Carr said its purpose is to "to spread joy, to be the light for others who feel they are in the dark and to show them they are not alone."

In the crowd of 500 spectators, it's easy to see that we are not alone. We all share the goal of wanting to do and be better. Whether you attend as a participant or you want to give back to the event and the community as a volunteer, Fitness in the District is an amazing experience. The spirit of camaraderie is strong, and the atmosphere of self-improvement is inspiring. As we improve ourselves and our health, we can lean on those who share our goals, and together we might "run and not be weary; walk and not faint."

To volunteer, contact ninacarrfitness@gmail.com

For more information, visit the event page on Facebook.

Photo courtesy of Nina Carr

Nina Montalvo Carr, mother of five, military wife, and creator of "Fitness in the District"

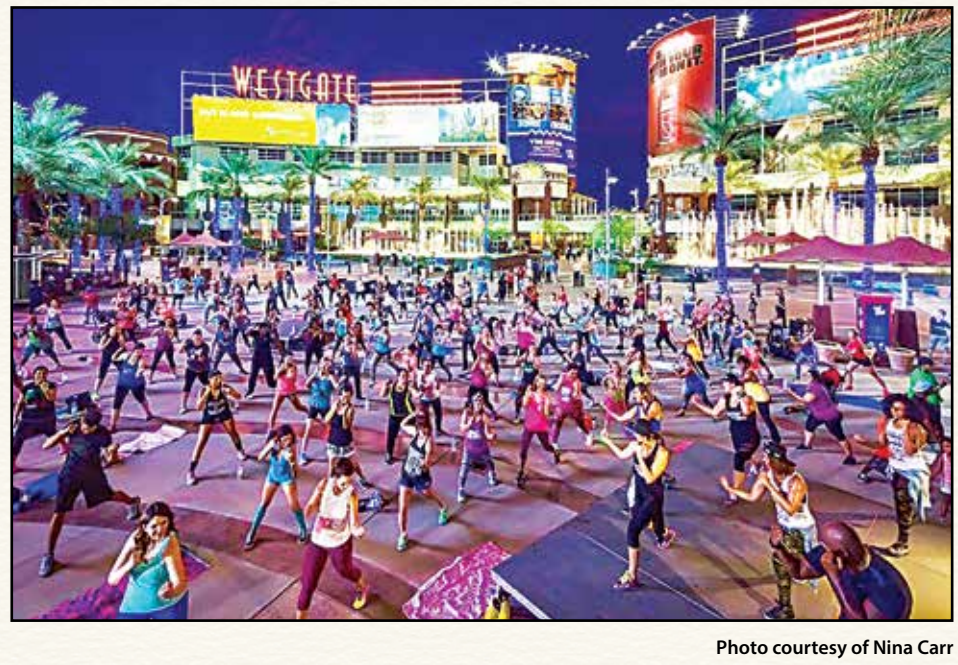

Photo courtesy of Nina Carr

Fitness in the District attracts crowds of up to 500 people!

VALLEY TEMPLE SCHEDULES

Mesa Arizona Temple

101 S. LeSueur, Mesa, AZ, 852014
(480) 833-1211

Temple Closed During Renovation

Gilbert Arizona Temple

3301 S. Greenfield Rd, Gilbert, AZ, 85297
(480) 822-5000

The Gilbert Arizona Temple grounds will now be open Sunday and Monday evenings from 5:00 to 9:00 p.m.

Services

Clothing rental now available, no cafeteria, no patron housing available
Distribution center: Inside nearby Deseret Book Store: 2894 S. San Tan Village Pkwy #103, Gilbert

Endowment Sessions

Tuesday - Saturday: Every 45 min from 5:30am – 7:45pm
Spanish Sessions: Tuesday, 7:45pm; Saturday, 8:30am
ASL Session: 3rd Saturday of the month, 11:30am

2020 Temple Closures

Monday, 16 March - Monday, 30 March
Saturday, 4 April
Saturday, 4 July
Saturday, 3 October 200
Monday, 5 October - Monday, 26 October
Wednesday, 25 November - Thursday, 26 November
Thursday, 24 December - Friday, 25 December
Thursday, 31 December

Phoenix Arizona Temple

5220 W. Pinnacle Peak Road, Phoenix, AZ 85310
(623) 474-9500

Services

No clothing rental, no cafeteria, no patron housing available. No distribution center nearby

Endowment Sessions

Tuesday & Thursday a.m.: 7:30, 8:30, 9:30, 10:30
Tuesday & Thursday p.m.: 4:30, 5:30, 6:30, 7:30

Wednesday a.m.: 6:00, 7:30, 8:30, 9:30, 10:30
Wednesday p.m.: 4:30, 5:30, 6:30, 7:30

Friday a.m.: 7:30, 8:30, 9:30, 10:30
Friday p.m.: 12:00, 1:00, 2:00, 3:00, 4:30, 5:30, 6:30, 7:30

Saturday a.m.: 6:00, 7:30, 8:30, 9:30, 10:30
Saturday p.m.: 12:00, 1:00, 2:00, 3:00, 4:30, 5:30, 6:30

Spanish Sessions: Tuesday, 7:30pm; Saturday, 7:30am
ASL Session: 2nd Saturday of the month, 12:00 noon

2020 Temple Closures

Saturday, 4 April
Monday, 18 May 2020 - Monday, 1 June
Saturday, 4 July
Saturday, 3 October 200
Wednesday, 25 November (Limited Hours)
Thursday, 26 November
Monday, 30 November - Monday, 14 December
Thursday, 24 December - Friday, 25 December
Thursday, 31 December (Limited Hours)

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